



# SEPTEMBER 2012

**A Journey and a Destination, Recovery Happens Here!**

**\* Wellness Warriors Activities\***

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>National Recovery Month</b> Prevention Works • Treatment is Effective • People Recover <b>september 2012</b>			September is National Recovery Month! Join us for A Recovery Month Celebration September 1st 5:00-8:00pm at Wolfe Park, see flyer for details September 17th-23rd is National Wellness Week, please participate in our many wellness activities.		<b>1</b> 11:00 Assertiveness 2:00 Employment Spt. * <b>3:00 Journaling Club</b> 5:00-8:00pm <i>"A September To Remember" *</i>		<div> <b>THE PEER CENTER -EAST-</b> </div> <div>           1221 E. Broad St.            Columbus, OH 43205         </div> <div>           M-F 7am—11pm            S-S 9am—9pm            Holidays 9am—7pm            Daily Warmline            614/ 358-8255            10pm—2am         </div> <div>           Phone: 614/ 453-4830            Fax: 614/ 453-4845  <a href="http://www.thepeercenter.org">www.thepeercenter.org</a> </div> <div>           See <b>Bolded</b> Items for            New and/or Featured            Groups, Outings and            Updates*         </div>
<b>2</b> 10:00 Peer Recovery Discussion 12:00 Alcohol/Other Drug Recovery 5:00 Karaoke	<b>3</b> <u>Labor Day</u> 10:00 Arts & Crafts <b>11:00 Walking Group *</b> 1:00 Healthy Relationship 5:00 Anger Recovery  <b>*Holiday Hours*</b>	<b>4</b> 10:00 Computer Skills 1:00 Communication Skills 2:00 Women and Trauma <b>4:00 Young Adult Legacy Council</b> 5:00 LGBTQ Support	<b>5</b> <b>Closed for the OEC Regional Conference</b>  <b>10:30am-Transportation To Event</b>	<b>6</b> <u>"Super Thursday"</u> <u>Drop-In Activities Only</u> <b>Socialization, Media Center, Resource Center, Arts &amp; Crafts, Games and Snacks</b>	<b>7</b> 10:00 Depression Spt. <b>11:00 InterACT *</b> 2:00 PTSD 4:00 Chronic Conds. 5:00 Emotions Group * 7:00 Handling Conflict	<b>8</b> 11:00 Assertiveness 2:00 Employment Spt. * <b>3:00 Journaling Club</b> 4:00 Men's Recovery 6:00 Recovery in Community	
<b>9</b> 10:00 Peer Recovery Discussion 12:00 Alcohol/Other Drug Recovery 5:00 Computer Skills	<b>10</b> 10:00 Arts & Crafts <b>11:00 Walking Group *</b> 1:00 Healthy Relationship <b>3:30 Birthday Bash</b> 5:00 Anger Recovery	<b>11</b> 10:00 Computer Skills 11:30 Boundary Setting 1:00 AGB/Associate Mtg. 2:00 Women and Trauma <b>4:00 Y. A. Legacy</b> 5:00 LGBTQ Education	<b>12</b> 10:00 Recovery Stories <b>11:00 Walking Group *</b> 1:00 Self-Esteem 4:00 Women's Recovery <b>6:00 PEERspirit *</b> 6:30 Bipolar Bears	<b>13</b> 11:00 Computer Skills 2:00 Schizophrenia Support 3:00 Grief and Loss <b>5:00 Healthy Living *</b> 7:00 Relapse Prevention	<b>14</b> 10:00 Depression Spt. <b>11:00 InterACT *</b> 2:00 Phobias 4:00 Chronic Conds. 5:00 Emotions Group * 7:00 Handling Conflict	<b>15</b> 11:00 Assertiveness 2:00 Employment Spt. * <b>3:00 Journaling Club</b> 4:00 Men's Recovery 6:00 Recovery in Com.	
<b>16</b> 10:00 Peer Recovery Discussion 12:00 Alcohol/Other Drug Recovery 5:00 Karaoke	<b>17</b> 10:00 Arts & Crafts <b>11:00 Walking Group *</b> 1:00 Healthy Relationship 5:00 Anger Recovery	<b>18</b> 10:00 Computer Skills 1:00 Communication Skills 2:00 Women and Trauma <b>4:00 Y. A. Legacy</b> 5:00 LGBTQ Support	<b>19</b> 10:00 Recovery Stories <b>11:00 Walking Group *</b> <b>1:00 PEERspirit *</b> 2:00 Men & Trauma 4:00 Women's Recovery	<b>20</b> 11:00 Computer Skills 2:00 Schizophrenia Support 4:00 Cultural Diversity <b>5:00 Healthy Living *</b>	<b>21</b> 10:00 Depression Spt. <b>11:00 InterACT *</b> 2:00 OCD 4:00 Chronic Conds. 5:00 Emotions Group *	<b>22</b> 11:00 Assertiveness 2:00 Employment Spt. * <b>3:00 Journaling Club</b> 4:00 Men's Recovery 6:00 Recovery in Com.	
<b>23 / 30</b> 10:00 Peer Recovery Discussion 12:00 Alcohol/Other Drug Recovery 5:00 Computer Skills	<b>24</b> 10:00 Arts & Crafts <b>11:00 Walking Group *</b> 1:00 Healthy Relationship 5:00 Anger Recovery	<b>25</b> 10:00 Computer Skills 11:30 Boundary Setting 1:00 AGB/Calendar Mtg. 2:00 Women and Trauma <b>4:00 Y. A. Legacy</b> 5:00 LGBTQ Education	<b>26</b> 10:00 Recovery Stories <b>11:00 Walking Group *</b> 1:00 Self-Esteem 4:00 Women's Recovery <b>6:00 PEERspirit *</b> 6:30 Bipolar Bears	<b>27</b> 11:00 Computer Skills 2:00 Schizophrenia Support 3:00 Grief and Loss <b>5:00 Healthy Living *</b> 7:00 Relapse Prevention	<b>28</b> 10:00 Depression Spt. <b>11:00 InterACT *</b> 2:00 Gen. Anxiety 4:00 Chronic Conds. 5:00 Emotions Group * 7:00 Handling Conflict	<b>29</b> 11:00 Assertiveness 2:00 Employment Spt. * <b>3:00 Journaling Club</b> 4:00 Men's Recovery 6:00 Recovery in Com.	

**Experience the power of PEERs!**

